

How to Practice Mindfulness

Mindfulness practice uses the body's natural ability to become centered. We suggest this as a recovery practice or a daily ritual to get in the present. You'll find yourself feeling more physical and mental energy (and maybe spiritual energy) right away!

- Sit up straight and comfortably in a chair, feet uncrossed and hands gently resting on your lap. Balance your head on your spine and feel the chair holding you. Place your feet on the floor and feel the ground holding them.
- Close your eyes to reduce external stimuli.
- Scan your body and become aware of all sensations. Relax your body starting with all the small facial muscles, your neck, shoulders, and on down all the way to your feet.
- Now exhale deeply, pushing all the air out on exhalation and letting the breath flow back in by itself. Do this two or three times.
- Let your breath assume its regular rhythm and gently draw your attention to it, feeling the rise of your chest, perhaps the airflow from your nose or mouth.
- Your mind will wander to thoughts, noises, or body sensations. This is entirely normal and natural. When you notice it has wandered, just let these thoughts or noises or body sensations go and gently bring your attention back to breathing.
- It may help you to place one or both hands in the center of your chest (at your heart) and imagine a loved one or favorite place there. As your thoughts wander, effortlessly and easily bring your attention back to your breath.
- After ten minutes, gently bring your attention back to your surroundings. If you rub your hands together and then place them over your eyes, you may find it very refreshing.
- Stretch gently.